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**'It's just
what you
make it'**
Halifax athlete
an inspiration —
and YouTube
sensation
metroNEWS



Lindsay Hilton at
CrossFit OnSide in
Halifax on Sunday.
ZANE WOODFORD/METRO

Sexual assault laws need review: Prof

COURT

Nova Scotia cases highlight low conviction rates, modest sentences

Two recent cases in Nova Scotia involving sexual assault charges — one that saw a man sentenced to 90 days in jail for an all-night, violent sexual assault, and another in which a judge acquitted a man who said he thought the woman had consented — has some people calling for change.

Dalhousie University law professor Wayne MacKay said the cases highlight the need to review laws around sexual assault in a province that has low conviction rates and historically modest sentences for such crimes, which he says deters those assaulted from coming forward.

"The difficult situation for victims of sexual assault continues to be emphasized (in the courts), and certainly that was very evident

in terms of the process in the Jian Ghomeshi trial and in both of these cases," said MacKay.

Mitchell Leeander Goodwin was sentenced recently to 90 days in jail to be served on weekends for sexual assault and uttering threats after having nonconsensual sex with a woman in early 2012, said Crown lawyer Chris Nicholson.

The Halifax man told the victim "you look like someone who just got raped" after he had sexually assaulted her all night even after she begged him to stop, CBC News reported.

The Nova Scotia Supreme Court was told, at one point, the woman tried to leave the bedroom, but Goodwin grabbed her by her hair and dragged her back.

"The law itself is somewhat slanted towards making sure the accused is protected and that false convictions do not go forward, which is not a bad thing because we don't want false convictions, but it doesn't adequately protect victims who have legitimate and serious complaints," MacKay said.

Sexual assault crimes are also sig-

nificantly under-reported, he added.

"The under-reporting at least in part is based on the fact that the conviction rate is so low, so in that sense there's certainly not a lot of successful convictions that come once cases are reported," MacKay said.

"In the case of the man serving 90 days on the weekend, that certainly would suggest to a lot of people that the courts may still not be taking the crime as seriously as it should given its very severe impact on the victim and how serious a thing sexual assault is." THE CANADIAN PRESS

+ SUPPORT?

"Having more victim support after sexual assault both in the community and through the court process would certainly help people in terms of feeling like they have support and they're prepared for the court process," says Jackie Stevens, executive director of the Avalon Sexual Assault Centre in Halifax.



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STILLWATER LAKE

Teacher charged with sexual assault

A Stillwater Lake teacher has been charged with sex-related offences involving a student.

Sarah Allt Harnish, 36, was arrested on Friday following a six-week police investigation and faces charges of sexual assault and sexual interference, according to a Nova Scotia RCMP news release.

On Feb. 5, police were notified about an alleged incident involving a teacher having inappropriate contact with a student.

The investigation that followed led to Friday's arrest of the teacher from Five Bridges Junior High School in Hubley.

She is scheduled to appear in

+ CONDITIONS

Harnish was released on conditions that include she have no contact with the victim and no contact with anyone under the age of 16. She must also stay away from schools, parks, playgrounds, pools, community centres or any place known to be frequented by children.

Halifax provincial court May 3.

METRO

MULTI-VEHICLE ACCIDENT

Woman arrested for impaired driving

Halifax Regional Police have charged a female driver from Halifax in relation to a multiple-vehicle crash.

According to a news release, officers responded to the area of 2613 Barrington Street around 9 p.m. on Friday night. Upon arrival, they noted three vehicles were involved and a power pole had been struck.

Police say it was determined

a 20-year-old Halifax woman was driving her Hyundai southbound on Barrington Street when it struck a utility pole. The car then veered into oncoming traffic where it collided with two other vehicles.

Officers arrested the driver of the Hyundai for impaired operation of a motor vehicle and released her with a future court date. Police say no one was injured. METRO

CHRONICLE HERALD

Union says newspaper not returning to table

Newsroom employees at Canada's largest independent daily newspaper say management refuses to return to the bargaining table as a strike enters its seventh week.

The Halifax Typographical Union, which represents 59 editorial staff at the Chronicle Herald, says it reached out to management through a conciliator, but the company said it

didn't feel the union was ready to make concessions.

The union says before the strike started on Jan. 23, they offered to agree to a five per cent wage cut, a cap on severance pay, reduced mileage rates and fewer vacation days.

But it says the company is insisting on about 1,200 changes that would "gut" the existing collective agreement.

The union says those changes include longer work weeks, drastically reduced severance provisions and the elimination of job security.

Union president Ingrid Bulmer says they are willing to return to the bargaining table at any time.

The Herald did not return a request for comment Saturday.

THE CANADIAN PRESS



A newsroom worker with The Chronicle Herald walks the picket line. THE CANADIAN PRESS



Halifax Mayor Mike Savage at a council meeting earlier this year. **Savage says Vancouver-based company Seaspan should be allowed to build the ships they've been contracted to construct.** JEFF HARPER/METRO

Quebec shipyard bid 'outrageous': Mayor

BUSINESS

Unsolicited proposals taint open, fair process: Savage



Haley Ryan
Metro | Halifax

Halifax's mayor said it's "outrageous" to see a Quebec shipyard put up an unsolicited bid to deliver vessels, undermining the national strategy.

Chantier Davie Canada Inc. submitted a bid to the Trudeau government last month, offering to deliver six icebreakers and support ships to the coast guard faster and cheaper than what's planned, The Canadian

Press reported last week.

"I felt very strongly that that's not the way we're supposed to go," Mayor Mike Savage told reporters at city hall on Friday. "It's outrageous for anybody to throw in, on ad hoc basis, unsolicited proposals."

The Quebec yard has also dropped a second unsolicited bid on the federal government to build a heavy icebreaker from scratch.

Both proposals undercut Vancouver-based Seaspan shipyards, which won the right to construct federal civilian ships five years ago.

Irving Shipbuilding in Halifax won the right to build Arctic patrol vessels and combat ships for the navy.

Savage said he was an MP during the creation of the National Shipbuilding Procurement

"I don't think it's right on any account."
Mike Savage

Strategy, which is a "bulletproof process" that was open and fair, and took all factors into account when awarding contracts.

"Seaspan should be allowed to fulfill the work that they've been asked to do," Savage said.

"I don't think it's right on any account."

Although Savage said he has not heard directly what the federal government's position is, he "can't imagine" the bid would be taken seriously.

Premier Stephen McNeil said Thursday he was also alarmed

to hear of Davie's bid, and emphasized his hope the national government would keep its commitment to Halifax.

McNeil said he would reach out to clarify the situation with the federal Liberals, and Savage said he would likely get in touch with Prime Minister Trudeau as well as the minister of defence.

The Irving contract will create thousands of jobs on and off of the shipyard, Savage said, so anything that might impact a large piece of Halifax's economy is always a concern.

"This is a big deal, and it came about in the right way," Savage said of the national strategy.

"Let's not make something that was so good be tainted by destroying a process that had so much integrity."

WITH FILES FROM THE CANADIAN PRESS

DARTMOUTH

Police seize multiple drugs during search

Two men are facing drug-related charges following the execution of a search warrant at a Dartmouth apartment, Halifax police said Friday.

At 9:08 p.m. last Wednesday, officers executed a search warrant at the apartment in the 100 block of Prince Arthur

Avenue, according to a Halifax Regional Police news release.

They found cocaine, methamphetamine, MDMA and marijuana, along with drug paraphernalia, scales, cell phones and some cash. Police also arrested two men during the search.

A 28-year-old man from Dartmouth and a 27-year-old man from Head of Jeddore both face charges of possession for the purpose of trafficking in cocaine, possession for the purpose of trafficking in methamphetamine, possession for the purpose

of trafficking in MDMA and possession for the purpose of trafficking in marijuana.

Both men were released on a promise to appear and are scheduled to return to Dartmouth provincial court April 27, police said.

METRO

Sea of green on Halifax streets

ST. PATRICK'S DAY

Parade honours the city's Irish heritage, says organizer



Rebecca Dingwell
For Metro | Halifax

A chilly morning wasn't enough to keep Halifax-area residents from lining the streets of downtown to watch the annual St. Patrick's Day Parade.

"We didn't have a parade last year because of the weather, so I was really looking forward to coming out to it this year," said Clare MacDermott in an Irish accent. She attended Saturday's event with the flag of her home country in hand.

"I know a few people that are (in the parade), so I wanted to come out and support them," she added.

Brian Doherty, the parade committee chair, said the parade was returning to Halifax on a larger scale this year.

"We missed (the bad weather) by a day," said Doherty, referring to Friday's snow.

For many years, Doherty explained, Halifax was without a St. Patrick's Day parade. He said the celebration was revived



Tinkerbell was part of Saturday's procession with Hal-Con, the local sci-fi and gaming convention. REBECCA DINGWELL/FOR METRO

about five years ago.

"There's a long tradition of Irish heritage in the province and I think a perfect way to celebrate it is to have a pa-

rade for St. Patrick's Day, like they do in New York or Boston or any of the other areas that have a big Irish population," said Doherty. "There's a

huge diaspora here."

Groups such as the Charitable Irish Society, the Rising Tide Irish Dance Academy and the Holy Cross Historical Trust

all marched in the procession, which travelled down Spring Garden Road and Barrington Street, ending at Grande Parade.

+ FAMILY FUN

Although some celebrate the patron saint of Ireland by heading to a pub for a drink or two, O'Neill feels it's important to have family-friendly events as well.

"I think it's an awesome thing. I think they should have more things like this," he said. "That might get people talking more about Irish stuff, as opposed to 'Let's have a green beer.'"

However, it wasn't just Irish folks who joined in the celebration. For instance, a group of Hal-Con volunteers and cosplayers braved the cold — many wearing their costumes with a St. Paddy's Day twist.

In addition, this year's parade featured firefighters from the Halifax area as well as several parts of New Brunswick, joined by the firefighters' pipes and drums band.

Brendan O'Neill attended the parade with his daughter, Lily.

"We've come out for the last three or four years," O'Neill said.

"We have Irish ancestry."

Lily is a fan of St. Patrick's Day, and added: "I like watching the parade and going out for breakfast at an Irish place."



Some walked, some marched, some drove and others four-wheeled their way through this year's St. Patrick's Day Parade, which hit Halifax's downtown streets Saturday. REBECCA DINGWELL/FOR METRO



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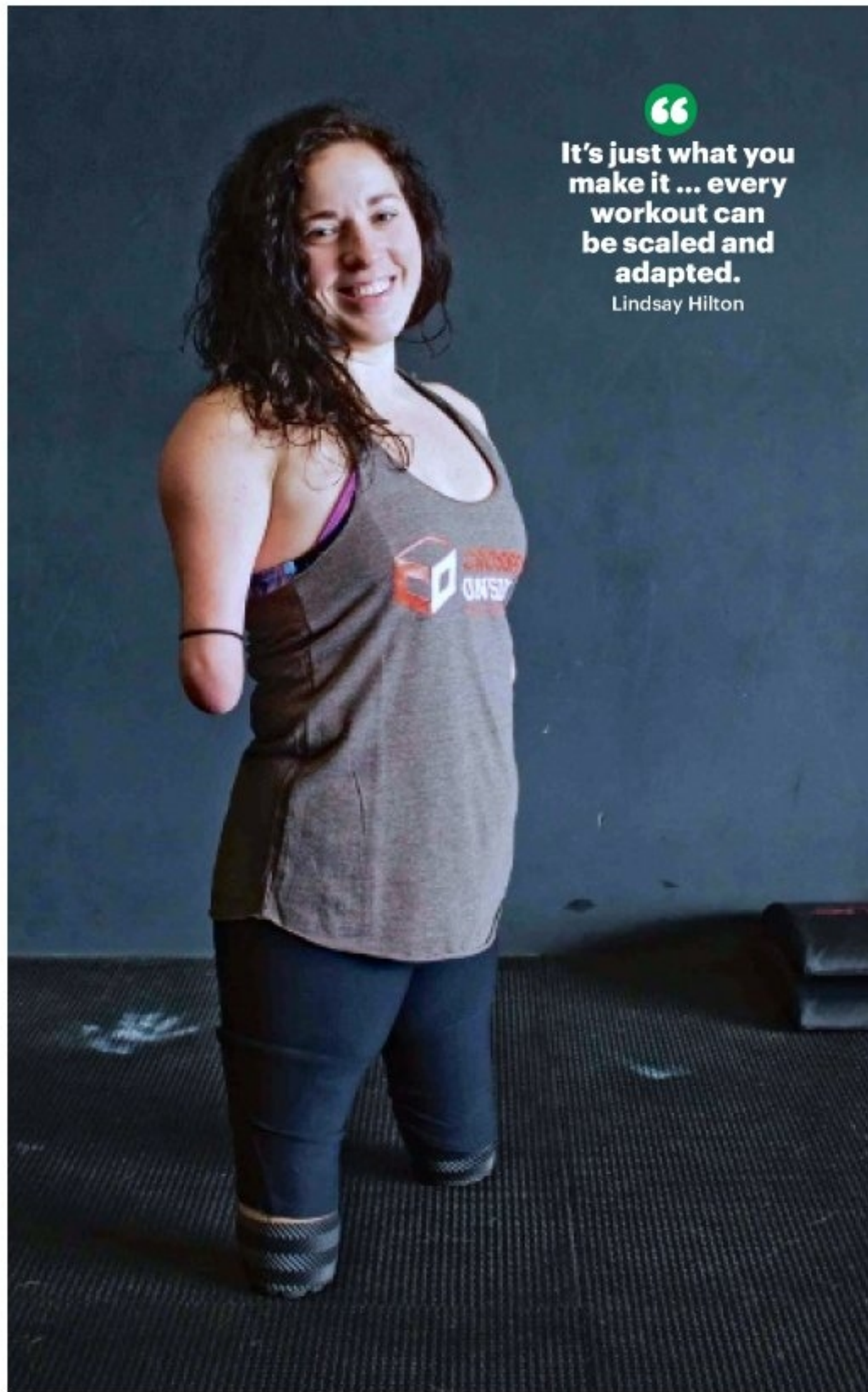
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“
It’s just what you
make it ... every
workout can
be scaled and
adapted.”
Lindsay Hilton

Lindsay Hilton poses for a portrait at CrossFit OnSide in Halifax on Sunday. ZANE WOODFORD/METRO

Woman’s video an inspiration

FITNESS PROGRAM

**Lindsay Hilton
keeps active
despite having
no arms or legs**



**Haley
Ryan**
Metro | Halifax

After a viral CrossFit video and years on the rugby field, a Halifax woman without limbs shows you can’t count out those who “don’t quite look the same or walk the same.”

Lindsay Hilton has always been active, including playing rugby for years with Mount Allison University and the Halifax Tars. Looking for another challenge, she landed on CrossFit this September after winning a month membership at a local gym through a burpee contest.

“It’s just what you make it ... every workout can be scaled and adapted,” Hilton said Friday about the high-intensity fitness program.

A few weeks ago, Hilton asked those at CrossFit OnSide to take a video during her workout to check out her form, and knew the gym owners might share it but had no idea it would end up on the official CrossFit Facebook page.

The views began rolling in when it was posted last Wednesday, and by Saturday the video of Hilton lunging across the gym with a bar then switch-



Lindsay Hilton trains at CrossFit OnSide in Halifax on Sunday.
ZANE WOODFORD/METRO

ing to pull-ups had been seen over six million times, with over 57,000 shares and 5,000 comments.

“It’s kind of crazy ... I definitely was not expecting that many people to see me do that workout,” Hilton laughed.

Many of the comments mention how inspiring Hilton is, with one man sharing how his depression about an injury melted away when he saw “this amazing woman killin’ it.”

While CrossFit may seem like a difficult sport for Hilton, she said there’s always a way to pursue what you want to do and there are lots of resources from adaptive athletes online. Although it’s a “work in progress,” weightlifting hooks and Velcro straps with a chain that’s attached to a bar do the trick.

Encouragement is great, but Hilton said she’s often surprised by people telling her she’s inspiring because she doesn’t feel like she’s accom-

plishing a great feat — and “my form’s not awesome.”

However, Hilton said she hopes young people with missing limbs or other disabilities see her do everyday things as well as sports, and think “I can do that as well,” and then the message gets passed on.

Hilton’s sister-in-law, Katie Hilton, said she’s proud to know Lindsay and she’s never encountered another person “quite like her.”

It’s important to recognize people like Lindsay because when things get rough and you feel like you can’t push through, she shows there’s always a way to achieve anything if you put your mind to it, Katie said.

Lindsay also received the International Rugby Board’s Spirit of Rugby Award in 2012, and Katie said she’s a wonderful ambassador to sport and the province.

“Don’t count out people that maybe don’t quite look the same, or walk the same, or talk the same,” Katie said.

“My sister-in-law is proof that there’s amazing things happening around here.”

“Everybody’s kind of rooting for each other, and that’s just a great feeling.” Lindsay Hilton on CrossFit

LOTTERY

Two winning tickets rock Chase the Ace

River Ryan’s Marie Matthys and Scotchtown’s Angie Willems don’t live far apart, but until Saturday had never met each other. On Saturday evening, Sydney’s wildly popular Chase the Ace game was thrown into chaos when two winning tickets were produced following the draw for \$229,230.

Shortly after the draw, Willems, who had been watching the draw online, arrived at the Ashby legion with the winning ticket.

Before too long, Matthys

showed up at the legion with another winning ticket.

Game organizers, the two winners and the on-site representative of the Nova Scotia Alcohol and Gaming agency, met behind closed doors.

Stephen Tobin, business development officer at the game’s benefiting charity, the Horizon Achievement Centre, said the “charities have mutually decided to forego today’s profits and both winners are going to walk away today with \$229,230.”

TC MEDIA

CRIME

Police looking for suspected prowler

Police are asking for the public’s help following a prowling incident outside a woman’s house in Halifax last month.

At around 11:30 p.m. on Feb. 22, Halifax Regional Police received a complaint from a woman that a strange man who she said had been following and harassing her for the past week was standing outside her Harvey Street home.

The suspect is described as a pale, white man with a round face. He looks to be

between 30 and 40 years old, and about six-foot-one. He was wearing glasses at the time, according to a police news release issued Friday.

Police said they arrested a man matching the description a short time after the incident. He was questioned and then released without charges.

Anyone with information about this incident, or those who have seen suspicious people around their residence, are asked to contact Halifax Regional Police. METRO STAFF

Two charged after weapons seized



**Yvette
d'Entremont**
Metro | Halifax

A Dartmouth man and woman face charges of possessing a prohibited device related to a potential threat at IMP Aerospace near the Halifax airport, police said Friday.

On Thursday, officers arrested 48-year-old Derek Russell Strum at an apartment building on the 0-100 block of Lakefront Road in Dartmouth.

Investigators searched the location, as well as an address

on Cuisak Street in Dartmouth and one on Matheson Court in Nine Mile River.

The investigation led officers to arrest 46-year-old Diana Lynn Richard of Dartmouth at a Jackson Road address.

Police said the Lakefront Road search resulted in the seizure of ammunition and magazines for firearms, while the search in Nine Mile River included a seizure of a locked gun case believed to contain a firearm.

WITH FILES FROM
ZANE WOODFORD/METRO

HALIFAX HEROES Ordinary people doing extraordinary things!

Dartmouth's devoted defender

VOLUNTEERING

Business owner spotlights community's bright side



Yvette d'Entremont
Metro | Halifax

Whether it's a food crawl, carousel, networking group, charity fashion show, or Father's Day mini-put tournament, Kate Hamilton takes big and small ideas and helps make them happen.

Described as an "energetic ball of optimism (who) is the source of many positive changes that have taken place in downtown Dartmouth," the 31-year-old small business owner is often behind the scenes making things happen.

"I just grew up feeling really annoyed when people would snicker or laugh when I'd proudly proclaim I'm from Dartmouth. I would be like 'You don't know what we have here. It's really fantastic,'" Hamilton said.

"If you're really going to be part of a community, you put



Kate Hamilton poses for a portrait in her store, Bodega Boutique, in Dartmouth on Sunday. ZANE WOODFORD/METRO

“

If you're really going to be part of a community, you put your money where your mouth is and invest in it.

Kate Hamilton

successful Dartmouth Food Crawl event held every quarter to help local food retailers and to bring people into downtown Dartmouth.

Hamilton is also helping with the second annual community Father's Day mini-putting event involving a number of local businesses. The overall winner gets to sport a green jacket, complete with the official Dartmouth crest.

She is currently working on bringing an emerging artist film festival to Dartmouth's downtown in conjunction with the Findlay Community Centre. She hopes to encourage people to shoot short videos outlining what Dartmouth means to them.

"We have really talented people in the community with in the film industry who could jury it, then another company could provide popcorn, and so on," she said.

"There are opportunities for everybody to be involved in it and just come out and have a love fest of Dartmouth on this amazing facility that another group of amazing people put together for us."

When asked what motivates her, Hamilton's answer is simple.

"If I don't do it someone else won't, and I want to create an environment in the community that my nieces are going to be excited to grow up in," she said.

'She's a force'

"This girl is unstoppable. I'm sure there's so much more in that dynamic brain of hers, ideas I don't even know about yet, and that excites me," **nominator Sarah Douglas said of this week's Halifax Hero.**

"She works with any open and willing

neighbour, whether personal or professional, to implement good ideas and projects that make downtown Dartmouth a better place to live and work. Kate has the ability to inspire and motivate those around her and build teams to get things done; she's a force."

your money where your mouth is and invest in it."

Hamilton's first foray into volunteerism was in 2009, after she returned to Canada from living abroad. She started volunteering with Nocturne and the Art Gallery of Nova Scotia.

That's where she met Sarah Douglas. Their friendship sparked the idea of a Dartmouth art carousel. Hamilton said many major cities have free carousels, and when they floated the idea, the positive response was overwhelming.

"There's a lot I can't say because it's still in closed door meetings but it's something that is going to set Dartmouth apart from Halifax that doesn't revolve around alcohol or a certain age group," she said.

"We envision people getting their wedding pictures taken there and their prom photos and it just becoming a part of the next generation's life, and that's kind of what great public art is. It fits into the landscape and into your life and also makes you stop and think."

In 2014, she founded the Dartmouth Young Professionals, a networking group dedicated to professionals working, living and volunteering in Dartmouth's downtown. She taps into her contacts and gets people involved.

Last year's Dartmouth fashion show was orchestrated by Hamilton. The sold out event raised funds for the local hospice society, and the second annual is being planned for this August.

She is also behind the suc-

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LEARNING

Stationary bikes help some kids with focus

Frustrated at her inability to draw a sofa, five-year-old Mylee Lumsden began to cry. She liked her drawing of a TV, but the couch confounded her, and so she grew increasingly upset.

Her teacher, Mary Theresa Burt, looked at the brewing storm, and suggested the little girl take a turn on the bright yellow stationary bicycle at the centre of her primary classroom at Ian Forsyth Elementary School.

Mylee started pedalling, her shoulder-length hair bouncing in time. Within minutes, it was as if a switch had been flicked. She was bright again, cheerful, and smiling widely.

"I go on the bike when I'm feeling a little bit sad," Mylee said, her little legs rapidly pedalling. "It makes me feel happy."

The tiny yellow bike is a symbol of a growing revolution in Canadian classrooms and beyond. Students used to be taught to stay quiet and stay

still, and those who couldn't — boys, especially — often found themselves in trouble.

Now, amid a shift in how educators understand and embrace various styles of learning, bikes are helping to boost moods, relieve stress and regulate energy.

Luke MacDonald, co-owner of a running and ski shop, led the charge to bring the silent, stationary exercise bikes into Halifax-area classrooms roughly three years ago. He said children are taught to hop on the bike whenever they're feeling restless, tired, stressed, sad or essentially whenever they feel like it.

"And they don't stop learning during that time. In fact, when they're on the bike, they generally pay more attention," said MacDonald, who has now helped place more than 1,300 bikes in classrooms.

According to many accounts, the bicycles-in-the-classroom movement began in 2009, with a Eureka moment from a guidance counsellor at a school in Winston-Salem, N.C. Many of the bikes have attached desktops. That Read and Ride program now has programs in 30 states, and imitators worldwide.

THE CANADIAN PRESS



Andrew Tilley, 5, rides a stationary bike during a lesson in teacher Mary Theresa Burt's classroom at Ian Forsyth Elementary School in Dartmouth, N.S. on Monday. DARREN CALABRESE/THE CANADIAN PRESS

MONTREAL

CEGEP paid to integrate

The Quebec government is offering a \$400,000 grant to boost resources at a Montreal junior college that has been linked to incidents of radicalization.

Higher Education Minister Helene David says the amount will be used in part to hire additional personnel at College de Maisonneuve as part of a pilot project to enhance harmonious living. A statement says the project's goal is to help the school's communities live together.

Early last year, several of the college's students were among the group of young Montrealers arrested on suspicion of wanting to join jihadist groups overseas.

School director Malika Habel said Sunday she asked the government for help after recent incidents at the school that are part of a fallout from last year's tensions.

She says the school has been taking steps to address the issue of radicalization and that no other students have tried to leave for Syria. THE CANADIAN PRESS

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HALIFAX

IN BRIEF

Seagulls rescued from bin
Dozens of trapped seagulls are to be treated as oil-spill survivors after being saved from an industrial waste container in Vancouver.

Animal rescuers were called in Friday afternoon to extricate 62 gulls trapped in a partially-

covered scrap bin behind a tofu factory.

Yolanda Brooks of Wildlife Rescue Association says the tofu appears to be leaving some sort of oil on the birds. She says staff will give all the animals a full oil-spill bath Monday.

THE CANADIAN PRESS



A young woman studies at the College de Maisonneuve. GRAHAM HUGHES/THE CANADIAN PRESS



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Unusual sit-down for MPs, agencies

INTERNATIONAL AID

Ministers of development, defence discuss global support

Canadian aid agencies have met several times with International Development Minister Marie-Claude Bibeau since the Liberals took power so when they received an invite to sit down with her last week in Ottawa, it wasn't unusual. Notable, though, was who else was there: Defence Minister Harjit Sajjan.

Humanitarian and development support has been part of Canada's contribution to the international fight to rout Islamic militants in Iraq and Syria for the last 18 months, but the Liberals' recent refocusing of the mission to place greater emphasis on that support leaves the government grappling with a problem: how to get Canadians onside without putting the work of those delivering that aid at risk.

It's a communications quandary more than anything else — link the military and humanitarian contributions too closely and it creates the perception that humanitarian groups aren't the neutral bodies they must be in order to safely operate.

"If you use an integrated or whole-of-government approach, you have to be very careful on the activities that you conduct and the way that you call them," said Stephen Cornish, executive director of Doctors Without Borders, who called Sajjan's presence at the meeting a positive sign.

While Bibeau has made it clear humanitarian principles will be respected, having Sajjan in the room was significant, said Gillian Barth, president and CEO of CARE Canada, who was also at the meeting.

"We haven't had the opportunity in the past to engage with the minister of defence," she said.

Making the case directly to the minister was important given a mistake the previous government made last year.

A spokesperson for Sajjan said

+ ISIL MISSION

Last spring, when the anti-ISIL mission was broadened to include bombing targets in Syria, a page was put up on the Foreign Affairs website with photographs highlighting Canada's work. One was of a fighter jet and next to it a picture of international aid workers handing out supplies.

NGOs quickly demanded the pictures be removed, worried that connecting their workers to fighter jets would make them targets.

THE CANADIAN PRESS

the minister wanted to be in the room because of his international experience and awareness of the work NGOs do.

"It is important to the government of Canada that we work with our international partners to promote peace and stability worldwide," Jordan Owens said in an email. THE CANADIAN PRESS



Signatures of various MPs and the prime minister adorn a booklet sent to Degas Sikorski, an Edmonton area man who received a Valentine at work last month that was defaced with a homophobic message. HANDOUT/THE CANADIAN PRESS

SUPPORT

PM's special Valentine message

An Alberta man who got a Valentine at work defaced with a homophobic slur has received a much nicer card signed by Prime Minister Justin Trudeau.

The card, which Degas Sikorski received on Saturday, contains messages of support from the prime minister as well as cabinet ministers and MPs.

"Know that your friends outnumber the haters by millions, and I am one of your friends," Trudeau wrote in the card,

which was delivered to Sikorski by Edmonton Centre MP Randy Boissonnault.

A photo of the Valentine that Sikorski, 20, of St. Albert received last month at a party supplies store in Edmonton caused an online furor after his mother posted it to Facebook.

She said a supervisor at the Party City store made Valentines for all the staff, but when her son picked his up, it had a hate message on it.

Sikorski said the card from Trudeau and other MPs also contained photos of the prime minister signing it.

"It was a beautiful card," Sikorski said. "There were so many pictures and so many people wanted to sign it, they had to add extra pages."

"Canada went from being this big, wide-open country to feeling like Ottawa and Ontario were right next to Alberta."

THE CANADIAN PRESS

COMMUNITY

Do-it-yourself biology summit galvanizes citizen scientists

In a community laboratory she co-founded, Alaina Hardie isolates and sequences sections of her own DNA though she has no formal education in biology.

The Toronto software developer believes that "citizen scientists" like her have potential to make breakthroughs as significant as universities or big corporations. It appears the federal government thinks so too.

"I sure hope they capitalize on us," Hardie said ahead of a do-it-yourself biology convention in Ottawa scheduled for Wednesday. "In some garage, or

DIY hackerspace, or after-hours in some university lab, the next big thing is coming."

The Public Health Agency of Canada has invited 60 DIY-biology leaders, academics and police to attend the first-ever "Do-It-Yourself Biology Summit." It will also host 300 video links at a total conference cost of \$15,000, said Marianne Heisz, a director with the agency's centre for biosecurity.

Participants will get a snapshot of the growing open-science movement, discuss building a culture of safety and dream up

future collaborations. Heisz said the government wants to leverage the brainpower of a legitimate emerging community.

"They're doing real science," she said. "They're just doing it in a non-traditional way, sometimes outside of the larger institutions that it traditionally has been done."

Practitioners say DIY biology amounts to crowdsourcing science. They believe making biological sciences accessible to anyone could spur solutions and new inventions, similar to the leap forward when computers were

put in the hands of the masses.

"You hear stories about Frederick Banting inventing insulin, which is an absolutely amazing and critical contribution to the world," said Dickie.

Scott Pownall, who runs the Open Science Network in Vancouver, says he believes a number of PhDs are leaving the sciences and calls himself an example of what's happening.

"Community biolabs may be an avenue in which individuals outside of academia and industry can economically drive innovation." THE CANADIAN PRESS



Scott Pownall, co-founder of the Open Science Network, works in Vancouver's first community biolab in Vancouver, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS



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SYRIA

Young generation destroyed by war

A report published by the UN children's agency UNICEF, details the dangers Syrian children face from hunger to military attacks, physical and emotional trauma, disease and recruitment to violence.

"Bombs have turned classrooms, health centres and parks to rubble," it says. "The streets where they should be able to play are blocked by checkpoints or littered with explosive remnants of war."

"Diseases once vanquished have returned."

Armed groups are recruiting children at earlier ages, UNICEF said — including those as young as seven. Some are offered "gifts and salaries of up to \$400 US a month," others are kidnapped. The UN has verified that more than 460 children have been abducted as fighters.

Numbers of child refugees have also escalated from 520,348 in 2013 to 2.4 million today. But for those who make it to safety, there is no certainty of a future.

"There's a sense of limbo," says David Morley, UNICEF Canada's president and CEO, who has visited refugee camps in the region. Providing education is crucial, to prevent millions of children from becoming a lost generation.

In January UNICEF staff found desperate conditions in the besieged town of Madaya. Starving children begged for bread,

+ CHILDREN HIT

Conflict in Syria has left children at risk of dying from explosives, disease, and hunger. From a UN report:

■ **Seven million children** in Syria live in poverty

■ **Three:** The age of the youngest Syrian children who are working

■ **2.8 million Syrian children** have been taken out of school

■ **70% of Syrian children** have no access to reliable water

■ **810,926 children** under age five have taken refuge in other countries

others were dying, too weak to survive even after help arrived.

A separate report issued last week, and signed by 30 aid and human rights groups — including Oxfam, Care International and Save the Children — pointed a finger at the UN's veto-wielding permanent members. It accused them of failing to apply diplomatic pressure to alleviate Syrians' suffering

TORSTAR NEWS SERVICE

EXTREMISTS

Ivory Coast attack targets beachgoers and tourists

The Ivory Coast president says 14 civilians and 6 assailants have been killed in an attack on the beach and hotels in Grand-Bassam, a historic resort town in Ivory Coast. It's the third major attack on a tourism centre in a West African country since

November.

Attacks by extremists on hotels frequented by foreigners in two other West African countries — Mali in November and Burkina Faso in January — killed dozens of people and indicated that extremist attacks are spreading from North Africa.

THE ASSOCIATED PRESS



Turkish riot police secure the scene after an explosion in Ankara on Sunday. GETTY IMAGES



People carry an injured person after an explosion in Ankara. HURRIYET DAILY / THE ASSOCIATED PRESS



The wreckage of a bus after the explosion. GETTY IMAGES

Car bomb kills at least 34, injures 125

TERRORISM

Third bombing in Ankara in five months

A suicide car bomb went off near bus stops in the heart of Turkey's capital on Sunday, killing at least 34 people and wounding around 125 others, officials said.

The blast occurred on the city's main boulevard, close to Ankara's main square and a park.

Health Minister Mehmet Muezzinoglu said 19 of the wounded were in serious condition. He said that 30 of the fatal-

ities died at the scene, while the other four perished at hospitals. Two of the dead were believed to be the assailants, he added.

Interior Minister Ekan Ala said the attack, which came as Turkey prepared to launch large-scale military operations against Kurdish militants in two towns, wouldn't deter the country from its fight against terrorism. He confirmed the blast as a car bomb that targeted civilians at bus stops on Ataturk Bulvari close to Kizilay square.

Ala said authorities had evidence pointing to the group behind the attack, but said an announcement would be made after the investigation is com-

pleted.

Dogan Asik, 28, said he was on a packed bus when the explosion occurred.

"There were about 40 people," said Asik, who sustained injuries on his face and arm. "It (the bus) slowed down. A car went by us, and 'boom' it exploded."

Police sealed off the area and pushed onlookers and journalists back, warning there could be a second bomb. Forensic teams were examining the scene.

No one has claimed responsibility for the attack, although Kurdish militants and the Islamic State group have carried out bombings in the city recently. A far-left militant group is also

active in Turkey.

The bombing is the third in the city in five months and comes as Turkey is faced with an array of issues, including renewed fighting with the Kurdish rebels, threats from the Islamic State of Iraq and the Levant (ISIL) group and a Syrian refugee crisis.

Turkey also has been struck by several bombings in the last year that were blamed on ISIL as the government joined efforts led by the U.S. to fight the extremist group in Syria.

The deadliest came in October when a peace rally outside Ankara's main train station killed 102 people.

THE ASSOCIATED PRESS

ENVIRONMENT

Up to 100 to sign treaty: UN climate chief

The official in charge of global climate negotiations says between 80 and 100 countries are expected to sign the landmark agreement to tackle climate change reached in Paris in December at a ceremony at UN headquarters on April 22.

Segolene Royal, French environment minister and newly appointed president of UN-led climate negotiations, said Friday

that more than 30 heads of state and government have said they'll attend the signing event. Invitations signed by UN Secretary-General Ban Ki-moon, French President Francois Hollande, and herself are being sent again to all world leaders.

"I will, of course, work very hard so that we get these 80 to 100," Royal told reporters after meeting Ban. "We might have

more, which would be fantastic."

Royal said every country has developed a plan to fight climate change and on April 22 they will be explaining what they have done so far.

The Paris Agreement must be ratified by at least 55 countries representing at least 55 per cent of global greenhouse gas emissions to enter into force.

It sets a collective goal of keeping global warming below 2 degrees Celsius compared to pre-industrial times, and to pursue efforts to limit the temperature rise to 1.5 degrees Celsius.

The pact requires all countries submit plans for climate action and update them every five years, though such plans are not legally binding.

Royal sidestepped a question asking whether she was concerned that the United States might pull out of the agreement if one of the Republicans who oppose the accord makes it to the White House.

She said support from the Obama administration and U.S. involvement has been very important.

THE ASSOCIATED PRESS

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5 Tony Lavez
Say It

4 Alessia Cara
Wild Things

3 Zayn
Pillow Talk

2 G-Eazy ft. Bebe Rexha
Me, Myself and I

1 Rihanna ft. Drake
Work

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Go grandmaster defeats computer

SEOUL

South Korean says he found weaknesses in AI program

A champion Go player scored his first win over a Go-playing computer program on Sunday after losing three straight times in the ancient Chinese board game, saying he finally found weaknesses in the software.

Lee Sedol's victory over AlphaGo is a reminder that Google's Go-playing program has room for improvement despite winning the first three matches in the best-of-five series and the \$1 million US prize, which will be donated to charity. The program — the first computer system to defeat a top Go player — was developed

by Google DeepMind two years ago.

"This one win is so valuable and I will not trade this for anything in the world," Lee, one of the best Go players in the world, said with a smile after entering the post-match news conference at a Seoul hotel to applause from journalists.

Lee had said earlier in the series, which began last week, that he was unable to beat AlphaGo because he could not find any weaknesses in the software's strategy.

But after Sunday's match, the 33-year-old South Korean Go grandmaster, who has won 18 international championships, said he found two weaknesses in the artificial intelligence program.

Lee said that when he made an unexpected move, AlphaGo responded with a move as if the program had a bug, indicating

that the machine lacked the ability to deal with surprises.

AlphaGo also had more difficulty when it played with a black stone, according to Lee. In Go, two players take turns putting black or white stones on a 19-by-19-line grid, with a goal of putting more territory under one's control. A player with a black stone plays first and a white-stone player gets extra points to compensate.

Lee played with a white stone on Sunday. For the final match, scheduled for Tuesday, Lee has offered to play with a black stone.

Three hours into Sunday's match, it became clear that Lee would finally notch a win. AlphaGo narrowed the gap with Lee, but could not overtake him, resigning nearly five hours into the game.

The popular Asian board game has remained the holy grail for the artificial intelligence community for about two decades, after chess was conquered by computers.

THE ASSOCIATED PRESS

"This one win is so valuable and I will not trade this for anything in the world. Lee Sedol



South Korean professional Go player Lee Sedol reviews one of his matches against Google's artificial intelligence program, AlphaGo in Seoul, South Korea. THE ASSOCIATED PRESS

EMPLOYMENT

Ontario to test guaranteed income idea

A paragraph in the Ontario budget could mean big changes in the lives of some of the province's most impoverished residents by giving them a guaranteed minimum income.

The budget promised a pilot project to test "that a basic income could build on the suc-

cess of minimum wage policies and increases in child benefits by providing more consistent and predictable support."

The concept is on the radar of the federal Liberals, too — a Liberal-dominated parliamentary committee called on the Trudeau government to explore

the concept of guaranteeing people a minimum income in a pre-budget report tabled Friday.

Charles Sousa, Ontario's finance minister, said the province has not decided which community will be the test site for a basic income guarantee.

Proponents say a guaran-

teed minimum income, which would see families living below the poverty line topped up to a set level, would be more efficient and less costly than administering the existing series of social programs that help low-income residents.

THE CANADIAN PRESS

FARMING

Pricey tea a growing niche crop in U.S. and Canada

A growing number of North American farmers from Mississippi to British Columbia are growing tea for the high-priced specialty market. Tea consultant Nigel Melican says they can

make money because more people are willing to pay premium prices for what they consider top quality. Prices range from about \$8 US for a box of 12 tea bags to nearly \$700 US a pound and the market is growing 8 to 10 per cent a year.

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ROSEMARY WESTWOOD metroview

What assisted-dying advocates can learn from the abortion fight

Anyone watching the assisted-dying debate will see the similarities to abortion.

David Nash, chair of the Catholic Health Association of Ontario, does. Interviewed recently by CBC's Anna Maria Tremonti, he said, "We've been through this before, and uh, with these arguments..."

"On what?" Tremonti pressed.

"Well, on, on, on, reproductive issues," Nash said, leaving Tremonti to actually say the word.

"On abortion," she clarified. "Yeah."

That Nash had trouble even saying the word speaks volumes for the stigma that still surrounds women's right to an abortion in Canada — something that is legal, but governed by no law.

Like abortion, some doctors and health institutions say the practice goes against their conscience (only 29 per cent have said they'll perform it, according to the Canadian Medical Association).

Like abortion, assisted death is legal, like it or not. But legality doesn't mean accessibility, as abortion seekers in many rural areas will attest (or anyone in P.E.I., which is being sued for failing to provide abortion access).

For assisted-dying advocates, abortion offers a warning. And for abortion advocates, the assisted-dying laws could offer hope.

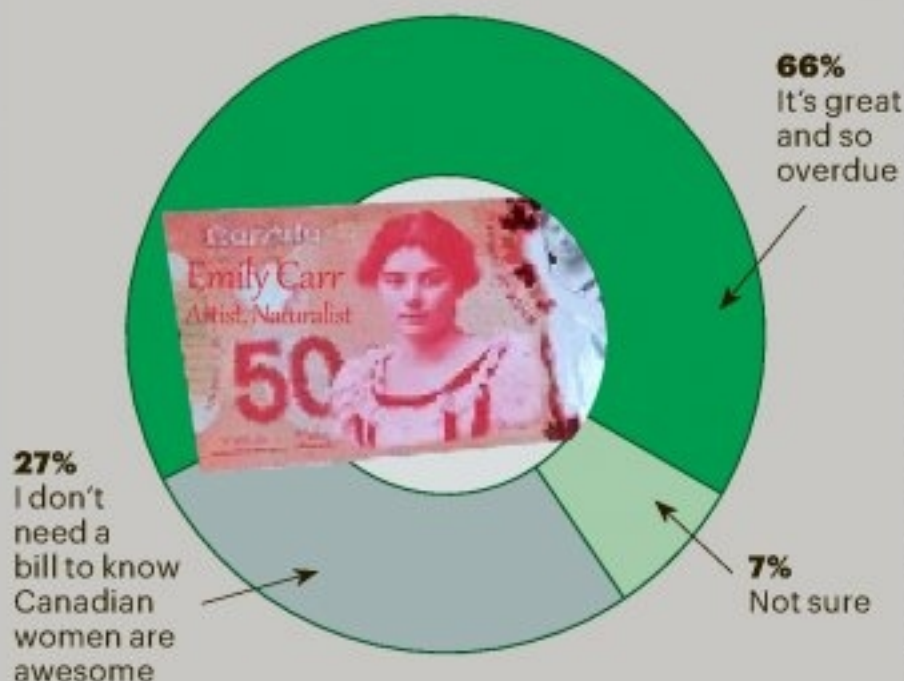
Let's begin with the warning. Even Mifegymiso, the abortion pill soon to be available in Canada, may not solve the issue, Norman warns. Thanks to Health Canada rules, only doctors, not pharmacists, will be allowed to dispense the drug. Those rules could lessen the number of doctors willing to prescribe it, she warns. In other words: If you make it burdensome for physicians, that may hinder care. Now, for hope. If assisted dying becomes easily accessible, that could aid advocates for better abortion access. The joint parliamentary committee report made it explicit that all publicly funded health institutions should provide assisted dying. While that seems unlikely, and maybe not necessary, a push to normalize and destigmatize the ending of life could help wash away the stigma still clinging to abortion. Norman noted that, despite being proud to provide them, rural physicians who offer abortions tend to keep the practice quiet.

METRO MONDAY POLL

Who should be the lady on our money?

Author? Astronaut? Activist? We asked our readers to choose who should be on the new bank notes Prime Minister Justin Trudeau has confirmed will picture an iconic Canadian woman starting in 2018. Though the real bill will feature a woman who died in 1991 or before, we asked for all your suggestions — and you came up with more than a few formidable females worthy of the honour.

1 What do you think about women on currency?



2 Who would you pick to be on the new bills?

- 18% Nellie McClung (women's rights activist)
- 16% Laura Secord (hero of the War of 1812)
- 9% Kim Campbell (prime minister)
- 8% Viola Desmond (civil rights activist)
- 6% Emily Howard Stowe (first Canadian female doctor)
- 6% Roberta Bondar (astronaut)
- 5% Emily Carr (painter)
- 5% Lucy Maud Montgomery (author)
- 27% Other

WE ASKED Metro readers

All of the Famous Five! No other group of women has done more for women in Canada.

E. Pauline Johnson (Tekahionwake), for her poetry celebrating Aboriginal heritage.

Why not do a full series of bills using women? Don't women deserve more than a 'Oh Ya One Woman Did Something'?

(First female MP) Agnes MacPhail, because she devoted her life to service of Canada and increasing opportunities for Canadian women.

visit metronews.ca
HAVE YOUR SAY

Wanted: A fair way to pay city councillors

HALIFAX MATTERS

Stephen Kimber



How do you fairly determine how much elected officials should be paid?

The short answer — as evidenced by last week's emotional, confrontational, personal three-hour city council debate — is you can't.

In November 2014, councillors asked the auditor general to convene an outside committee to devise a new salary formula.

City councillors have a less clear-cut influence on economic growth.

Under the existing scheme, in place since a 2004 citizens' commission report, councillors' salaries have been set at the average of what's paid to elected officials in other, supposedly comparable Canadian cities, including Halifax, plus 50 per cent of the difference between that and the highest salary levels.

The new committee called that formula — which has goosed salaries above inflation — "unfairly biased," and "no longer appropriate."

So it came up with its own "reckless" (Deputy Mayor Mat Whitman), "flawed" (Coun. Russell Walker), "arbitrary" (Mayor Mike Savage) scheme: councillors would get the average wage of a full-time Halifax worker, plus 25 per cent.

Because what they would be paid under the new formula (\$73,967) is less than they currently receive (\$82,653), the committee recommended

their salaries be frozen at current levels until average wages grow enough to justify a raise for councillors.

Unsurprisingly, councillors said no.

I confess I've occasionally mused about tying the salaries of our provincial MLAs — whose actions can have a direct impact on other people's wages — to the average industrial wage to encourage them to work harder to increase everyone's pay. But city councillors have a less clear-cut influence on economic growth. Using average wages as a benchmark seems primarily designed to embody a corporate view of the value of public service.

The report claims the committee used "knowledge, experience and best judgment" in coming up with their recommendations. But one wonders whether they — well-paid private-sector workers, whose compensation, I'm

guessing, is set by comparing them to other accountants, lawyers, etc. — would willingly have their own compensation set that way.

City councillors, as even the report concedes, are public figures in positions of trust, "expected to be on call at all times of the day, including evenings and weekends." They have little job security and — thanks to the recent reduction in the number of councillors — now face even heavier workloads.

What's fair?

I don't know.

I agree the previous formula wasn't. But I'm not convinced this one is either. Time for a better drawing board.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

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Can Yolanda and Annick meet their financial goals? **Metro's finance guru Lesley-Anne Scorgie** is almost out of time to help the women tackle their largest financial burdens and teach them to allocate resources.

What giving is really worth



LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: Two young women want to change their lives by transforming their finances and creating a plan to achieve their top goals. For 27-year-old Yolanda, that is eventual home ownership and for 24-year-old Annick, that's getting out of debt. Join the conversation #MetroMoney-Makeover @LesleyScorgie.

THIS WEEK: Should Yolanda stop tithing to her church or cancel her subscription to sponsor two children in developing countries? If so, she'll be able to amp-up her savings for a down payment, but it might break her heart in the process.

NEXT WEEK: Annick has to file her taxes and create a plan for her expected return. But, what will she do if, like last year, she's on the hook to pay-up? The case for emergency funds and a higher income gets stronger by the week.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

Yolanda's frugality is paying off. She's up to \$600 per month in savings towards a down payment and once she's moved back in with her mom, she'll be able to save an additional \$200 per month.

To smooth out Yolanda's monthly cash flow, we re-scheduled her regular contributions into her TFSA, RRSP and savings account (a.k.a. her buffer account) from monthly to bi-weekly. That aligns with her bi-weekly paycheques and now she won't feel squeezed on the first of every month.

I've bit my tongue for over two months now, but finally asked Yolanda whether she believes she can afford to continue giving away \$350 per month. Since she was young, her motto has been to give 10 per cent, but because she's got a huge generous heart, one child-sponsorship turned into two, which then turned into tithing more to her church and, voila, 10 per cent turned into 15.

After thoughtful consideration, Yolanda has decided to pare back her donations to \$260 per month starting in April. She will still get the deep pleasure of knowing she's helping others, but not at the expense of pushing out her financial goals another few years.

THE LESSON

Besides getting ripped off, there are very few things that irritate me more than when I hear "I can't give because I don't have any money."

Giving happens in a variety of ways — volunteering and money. During various stages of your life you'll have more money than time, or vice versa.

Giving is a critical component of any rock-solid financial plan because there is a return on investment when you give — investor types call this ROI.

Not only does it help strengthen the fabric of our community (and reduce strain on important social systems), it leads to job and leadership opportunities, increased sales and expanded networks.

Even when mega-wealthy people were poor and just starting out, most made giving a priority, just like Yolanda.

When polled, rich people often attributed their financial success to spending within their means, saving for the future and giving back.

Yolanda doesn't make gobs of money. But with her \$41,000 annual income per year, she's chosen to follow in the footsteps of rich people; making giving a "need" rather than a "want."



Yolanda revisits her charitable donations. LIZ BEDDALL/METRO

\$ NET WORTH

THE PROGRESS

Yolanda is kicking financial butt! Since first meeting her in December 2015, she's increased her net worth by \$2,450!

Assets	Dec-15	Mar-16
TFSA	\$400	\$800
RRSP	\$600	\$1,100
Savings	\$0	\$150
Pension	\$3,300	\$4,700
Total Assets	\$4,300	\$6,750
Liabilities		
VISA	\$0	\$0
Master Card	\$0	\$0
Total Liabilities	\$0	\$0
Net worth	\$4,300	\$6,750

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Jacob Tremblay charms the red carpet

CANADIAN SCREEN AWARDS

Room, Hyena Road, Book of Negroes big winners

The Canadian Screen Awards has made plenty of room for Room — a taut mother-son drama that emerged as a late-blooming Oscar contender and made a star out of its nine-year-old leading man.

Tremblay won for best performance by an actor in a leading role for the Canadian-Ireland co-production; his co-stars, Oscar-winner Brie Larson and Joan Allen won best actress in a supporting role, respectively; while Emma Donoghue won for best adapted screenplay for the thriller.

The film — about a precocious five-year-old who learns he's spent his entire life in captivity — had headed into the gala with a leading 11 nominations, winning nine.

Credit much of that to its pint-sized leading man Jacob Tremblay, who was just seven



Aunjanue Ellis wears a dress with a slogan as a protest against the presence of the Confederate Flag on Capitol Hill, as she stands on the red carpet with cast members from the TV show *Book of Negroes*. The CBC series was the biggest TV winner with 10 wins. THE CANADIAN PRESS

when filming took place in Toronto.

The Vancouverite exploded into a media darling this awards season after aww-inducing appearances at the Screen Actors Guild Awards, the Critics' Choice Awards and the Academy Awards.

Despite his Hollywood suc-

cess, Tremblay said it was good to be home.

"I'm Canadian so it's pretty good to be recognized in my hometown," Tremblay said on the red carpet.

"I'm not really used to all this stuff and I still get nervous at these shows but this is like one of the first Canadian

awards show I'm going to. It's probably the only one, so I'm excited."

Other big winners Sunday included the Paul Gross war film *Hyena Road*, which collected three awards in technical categories including overall sound, sound editing and visual effects.

Meanwhile, the Canada-U.K.-Ireland co-production *Brooklyn* scored wins for best cinematography and original score.

On the TV side, over the course of the CSA awards week, CBC's *Schitt's Creek* was the leading comedy with nine wins in total while Space's clone drama *Orphan Black* had seven.

CBC's acclaimed miniseries *The Book of Negroes* collected 10 trophies in total, including wins for lead actress Aunjanue Ellis, lead actor Lyriq Bent and supporting actress Shailyn Pierre-Dixon. It also won best limited series.

Donoghue, who also wrote *Room* the book, said she was glad to have one last celebration with Tremblay in Canada.

"Because we made *Room* in Toronto and then we really launched it at (the Toronto International Film Festival), it feels like the completion of the circle so I couldn't be happier."

"This is kind of like a wonderful farewell party to this whole crazy year," said Donoghue, adding that Tremblay has remained "a very natural, down-to-earth kid with good manners."

"I suppose we shouldn't try and insist that he spend his life as an actor but I hope he does because he has a rare and beautiful talent for it and he clearly enjoys it."

THE CANADIAN PRESS

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GOSSIP BRIEF

Canuck designer a finalist for prestigious fashion prize

Canadian designer Vejas Kruszewski is now one of eight finalists in contention for the lucrative LVMH Prize for young fashion designers.

The 19-year-old behind Toronto-based label Vejas was among a wider field

of 26 candidates originally shortlisted for the prize.

The winner will be awarded a grant of 300,000 euros (C\$443,000).

The self-taught designer launched his eponymous label with his first collection at New York Fashion Week last year.

The LVMH Prize was cre-

ated to support young fashion designers around the world. The contest is open to those under 40 who have created at least two women's or men's ready-to-wear collections.

A separate prize is also available to three graduates from fashion schools.

THE CANADIAN PRESS

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'All heart' in home finale

QMJHL

Mooseheads fall 3-2 to Isles in season's final game in town

Kristen Lipscombe
Metro | Halifax

For the Halifax Mooseheads, their last home game of the season Saturday evening at the Scotiabank Centre was all about arguably the most important part of playing the game: Heart.

In the end, Charlottetown Islanders centre Kameron Kieley scored the game-winning goal at 2:42 on a power play in overtime to claim the 3-2 win.

But the Herd left it all on the ice in front of a sold-out rink of 10,595 fans, who watched their home team come out onto the ice strong, snag an early 2-0 lead, and after a couple of penalties that cost them two goals against, force an already intense game into a thrilling extra frame.

The Mooseheads skated off their own ice for the last time in front of fans this season to an ear-piercing chorus of applause, whoops and hollers for their dogged determination, despite already knowing they won't be advancing to playoffs.

The proud crowd cheered especially loud for Halifax's three graduating players.

Overagers Zack Taylor, Eric Brassard and Kelly Bent received third, second and first



Mooseheads forward Kelly Bent scored the first goal of the game Saturday evening at the Scotiabank Centre. DAVID CHAN/HALIFAX MOOSEHEADS

star of the game honours, respectively — and deservedly.

Herd Forward Bent opened up the scoring, finding himself all alone and pulling off some stellar stick work before putting the puck on his backhand and into the net to make it 1-0 at 13:49 in the first.

"It was a nice pass from Barrett (Dachyshyn)," the 21-year-old Bent said after the game. "I didn't really know what to do on a breakaway; I just kind of pulled off a move."

The Halifax native, better

known for stepping up as the Mooseheads enforcer than goal-scoring, was also able to get one last scrap in against Nicolas Leblond late in the second period.

"It was a great way to end the night," Bent said.

Goaltender Brassard also ended up assisting that first Halifax goal, in addition to making an impressive 40 saves on the night.

"It was our last game here, so everybody just stepped up and put on a great show for our fans here," Brassard, 20, of

Longueuil, Que., said. "I loved playing here."

Import forward Otto Somppi made it 2-0, one-timing a pass out front from Maxime Fortier on a power play midway through the middle frame.

Despite the Herd's best efforts, power-play opportunities gave the Islanders what they needed to a stage the comeback, with Alexis Vanier scoring in the second and Samuel Blais adding another in the third to tie it up.

Islanders netminder Mason

ON FRIDAY

The Mooseheads were knocked out of playoff contention with a 6-2 loss to the Moncton Wildcats on Friday night. Halifax still has two road games on the regular season, March 18 in Moncton and March 19 in Charlottetown.

McDonald, from Halifax, also had a strong game between the posts, turning away 40 pucks.

"I think we played well enough to win," defenceman Zachary Taylor said. "It was just a couple of bounces each way and in overtime, anything can happen."

Taylor, 21, joined the Mooseheads following a mid-season trade with the Shawinigan Cataractes. But the move brought him back to finish off his QMJHL career in his hometown.

"It was cool to see the rink full," he said. "An atmosphere like that, I'll definitely remember it ... (and) it's special to be able to end my career at home."

Brassard said he may have shed a few tears in the dressing room after the game.

"I loved to play here," he said.

When even tough guy Bent admitted, "I'm not gonna lie, it brought tears to my eyes," it's clear players and fans were treated to a truly memorable game, even with the loss.

"The guys were giving all heart tonight," Bent said.

AUS HOCKEY

Canada's best set to descend on Halifax

The schedule and seeding are set for the 2016 CIS University Cup, coming to the Scotiabank Centre in Halifax starting Thursday.

The University of Quebec at Trois-Rivières Patriotes take the No. 1 spot for the first time since 1999, Canadian Interuniversity Sport announced Sunday.

The Saskatchewan Huskies come in at No. 2, St. Francis Xavier X-Men claim third, the Western Mustangs snag fourth, the UNB Varsity Reds are fifth, the two-time defending champions Alberta Golden Bears come in at No. 6, the Carleton Ravens enter at seventh and the host Saint Mary's Huskies take the eighth and final spot at the tournament.

The eight-team national championship starts Thursday and concludes Sunday, with the gold medal game airing live on Sportsnet 360 and TVA Sports 2. Puck drop is at 6:30 p.m. according to a CIS news release.

Saturday's semifinals will also be televised live nationally, while quarter-finals and the bronze medal game will air regionally on Eastlink TV.

All eight games will also be webcast at CIS-SIC.tv.

Visit universitycup.ca for more.

KRISTEN LIPSCOMBE/METRO

JUNIOR CURLING

Nova Scotians claim world gold

Canada's Mary Fay won a see-saw battle against the United States with a 7-4 victory to capture gold at the world junior curling championships.

The Americans took an 1-0 early lead in the second end, before Fay's Nova Scotia squad — third Kristin Clarke, second player Karlee Burgess and lead Janique LeBlanc — went ahead in the third as the skip drew her final stone into the house to score two points.

The Americans tied it 2-2 in the fourth, Canada went ahead 4-2 in the six before the U.S.

replied with two of their own in the seventh to tie it again at 4-4. Canada restored its two-point advantage in the eighth and stole one in the ninth to take a decisive 7-4 lead.

"It feels amazing to have won this with my best friends, it's surreal and hasn't sunk in yet, and I'm so proud of my team for all their hard work," Fay said.

American skip Cory Christensen said Canada took advantage of her team's miscues.

"We just didn't come out shooting as well as we should have. We had a few key misses

and Canada capitalized and they played awesome."

Fay went undefeated through the round robin and lost a heart-breaker to the United States in the Page 1-2 playoff game on its way to the final.

Korea took the bronze with an 8-4 win over Hungary.

In men's action, Winnipeg skip Matt Dunstone led Canada to an 8-4 win over Switzerland in the bronze-medal game.

Scotland defeated the United States 6-4 to claim the men's gold medal.

KRISTEN LIPSCOMBE/METRO



Janique LeBlanc, from left, Karlee Burgess, Kristin Clarke and Mary Fay celebrate Sunday's world junior title win over the U.S. in Taarnby, Denmark. RICHARD GRAY/ WORLD CURLING FEDERATION



Penguins defenceman Kris Letang gives Rick Nash a shove. BRUCE BENNETT/GETTY IMAGES

Malkin-less Pens keep drive alive

NHL

Rookie scores twice in aid of Pittsburgh's playoff hopes

With one of their top players out for several weeks, the Pittsburgh Penguins are going to need some help to make the playoffs.

Conor Sheary did his part on Sunday.

Sheary scored twice and Matt Cullen had the go-ahead goal in the third period and the short-handed Penguins beat the New York Rangers 5-3.

"He's a terrific kid," Penguins coach Mike Sullivan said. "You can see his offensive instincts, you see his vision when he has the puck."

Pittsburgh entered the game in eighth place and in the final

playoff spot in the Eastern Conference with 78 points.

The Penguins will be out with star Evgeni Malkin, who is out six to eight weeks after suffering an upper-body injury in Friday's win over Columbus. He is second on the team with 27 goals and 31 assists in 57 games.

"It's a good opportunity for a lot of guys to get some secondary scoring to get some more minutes when a top guy like that goes down," Sheary said. "Obviously, it's unfortunate for the team as whole, losing a player like that, but it's good for younger guys and guys who don't get that many minutes."

Patric Hornqvist also scored for the Penguins and Marc-Andre Fleury, who won his 350th career game Friday, made 24 saves for the Penguins. Sidney Crosby added an empty-netter for his 29th of the season.

SUNDAY in Manhattan



Derick Brassard scored his team-leading 25th goal for the Rangers. Ryan McDonagh and Chris Kreider also scored and Derek Stepan had two assists.

With the game tied 3-3, Cullen sent the puck from behind the net and it deflected off defenceman Marc Staal and past Henrik Lundqvist at 11:09 of the third period.

"We got on the puck and were kind of able to possess the puck down low and I kind of got tripped up front and tried to make a play out front and sometimes you get those lucky bounces," Cullen said. "You will take every one."

THE ASSOCIATED PRESS

GOLF

Schwartzel wins Valspar

Charl Schwartzel closed with a 4-under 67 for the best score of the final round Sunday, and then beat Bill Haas on the first extra hole of a playoff in the Valspar Championship in Palm Harbor, Fla.

Schwartzel holed a 65-foot birdie putt on the 13th and a 25-foot birdie putt on the 17th hole to reach 7-under 277.

Haas had a two-shot lead with three holes to play.

He closed with a 72.

THE ASSOCIATED PRESS

WOMEN'S HOCKEY

Inferno pull upset, win Clarkson Cup

The Calgary Inferno upset Montreal's Les Canadiennes 8-3 on Sunday afternoon before 4,082 at Ottawa's Canadian Tire Centre to win their first ever Clarkson Cup, the championship of the Canadian Women's Hockey League.

This was the Inferno's first appearance in the final. Montreal has appeared in six of eight Clarkson Cup finals and have won three.

Montreal (21-3) came in as the favourite after finishing the regular season in first place

with a 4-2 record over Calgary.

Blayne Turnbull, Brienne Jenner, Jessica Campbell and Rebecca Johnston each scored twice for the Inferno as Delayne Brian faced 41 shots.

It's the first Clarkson Cup win for Nova Scotians Turnbull and her Calgary teammate Jillian Saulnier.

Marie-Philip Poulin, Noemie Marin and Kim Deschenes scored for Les Canadiennes. Charline Labonte faced 25 shots.

THE CANADIAN PRESS

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AUCTION

AUCTION

In accordance with the Warehouseman's Lien Act, there will be sold by public auction the abandoned properties stored at Storage Inn Self Storage, 3490 Prescott St., Halifax, N.S.

The auction will take place on

Thursday, March 17, 2016
starting at 10:30 am at 3490 Prescott St., Halifax & at subsequent sales until sold. The personal effects & belongings of the following tenants will be sold:

Faisal Alshammari Unit #1164
Therese Harvey Unit #1156
Haldon Ritch Unit #1106
Johnathan Carroll Unit #1029

Items to be auctioned include misc. household goods, furniture, tools etc.

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RECIPE Cauliflower Couscous Bowl with Sweet Potato and Brussels Sprouts



PHOTO: MAVA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This couscous imposter makes eating your veggies easy and delish. Makes 4 bowls.

Ready in
Prep time: 10 minutes
Cook time: 40 minutes

Ingredients

- 1 sweet potato, cut into 1/2-inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400.
2. In a bowl, toss the sweet potato and Brussels sprout pieces with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread vegetables and

roast, stirring once or twice, until deep golden brown and tender inside, 20 to 25 minutes.

3. Cut cauliflower in quarters and carve out core from each. Cut quarters into florets. Transfer into food processor and pulse until couscous-sized granules. Turn out into a bowl.
4. Heat large skillet over medium heat, add 1 Tbsp oil. Add cauliflower couscous and sprinkle with salt. Add cumin and stir. Cook until tender, 4 to 5 minutes. Take off heat. Gather 2 cups of couscous.
5. In another pan over medium heat, add butter and four eggs. Cook a few minutes and cover the pan, about 1 to 2 minutes, to help whites set. Remove eggs once whites are set and the yolks are cooked to your preference.
6. Stir together couscous, sweet potato mix and feta or divide veggies amongst four bowls and sprinkle with feta. Top with a fried egg and serve.

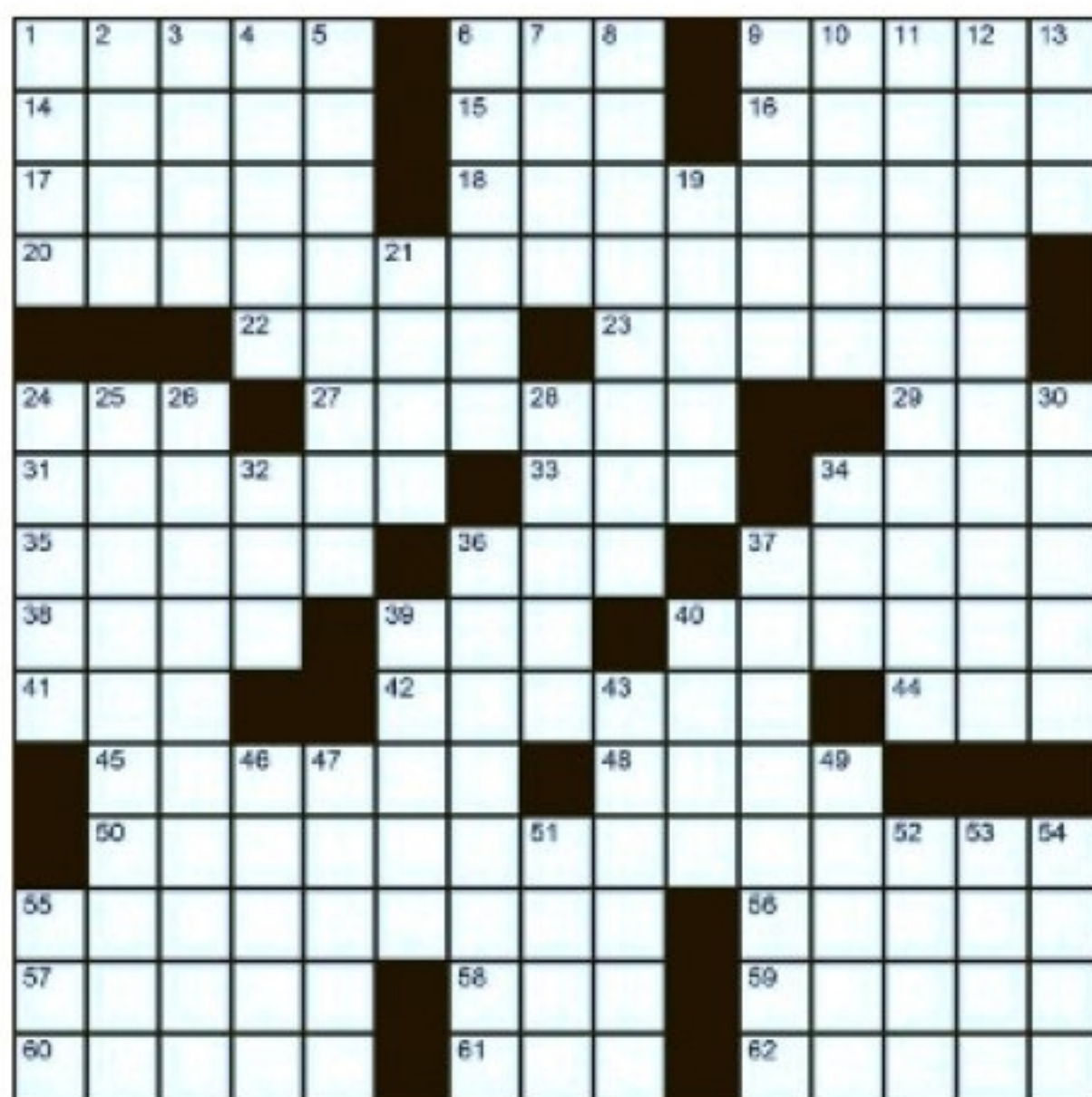
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Gather gradually in greatness
6. "Long Island Medium" network
9. Chicago choreographer Bob
14. Spanish poet, Federico Garcia _ (b.1898 - d.1936)
15. Record label
16. Canadian wrestling legend Mr. Hart, and namesakes
17. "___ for Murder" (1954)
18. Right-then-and-there
20. Juno Awards category: 4 wds.
22. Alphabetical quartet
23. Kevin of "Shark Tank"
24. "4am" Cdn. band
27. Warp the wording
29. Mont Blanc, for one
31. Toronto-born actress/director Sarah
33. ___ and yang
34. Agitate
35. "Do I view the world as ___ of tears?" (Bit of 19th-century British writer Robert Browning's poem Confessions)
36. Supplements store
37. Russian pancake
38. Farm birds
39. Earthy prefix
40. Isn't impartial ...is?
41. Used the chair



42. In the office: 2 wds.
44. The Waste Land poet's monogram
45. Easter's extensive eats
48. Charges
50. Misery for chickens, pigs and cows: 2 wds.

55. Duracell products
56. Pointer
57. Food Network chef Guy
58. Quebec-headquartered simulators co.
59. Near
60. Isle of _ (Scottish island)

61. U.S. President after F.D.R.
62. The _ (Clark of comics' family)

DOWN

1. Alan of "The Aviator" (2004)
2. Churn

3. United _ Emirates
4. ___ 7 (Brit pop group)
5. The Cremation of _ (1907 poem by 'Bard of the Yukon' Robert Service)
6. Buy one/Get one free offer, colloquially

7. Lead up to Easter
8. The Pope's religion
9. "Sue Thomas: _"
10. By land ___
11. 1980: Quebec Referendum 'Oui' supporter
12. Plots
13. Approx.
19. ___ of Troy
21. Jazz singer Anita
24. Moonfishies
25. "One Night ___" by Bryan Adams
26. Herbivore
28. "The bus should have been here _ _" (Commuter's observation)
30. Lions group
32. Actor Cool J's
34. Gr. that kidnapped Patty Hearst
36. Wins the lotto: 2 wds.
37. Car roof contraption, perhaps: 2 wds.
39. Croc's cousin
40. California city
43. Counter-balance
46. Union for Canada's actors, etc.
47. Beer mug
49. Exhibit elation
51. Thumbs up votes
52. "___ it!" (This job is getting done!)
53. Arboreal abode
54. _ de Flandres (French stoneware)
55. Stage actor's deg.

***IT'S ALL IN THE STARS by Sally Brompton**

Aries March 21 - April 20
The evidence has been there for some time that someone is trying to undermine your efforts, but you decided to ignore it. Now though you have no choice. They cannot be allowed to continue bad-mouthing you.

Taurus April 21 - May 21
No one expects you to be perfect, so don't expect it of yourself. Like everyone else you have limits and if you are smart you will identify what they are and make sure you stay within them. You can still do amazing things.

Gemini May 22 - June 21
By all means help a friend who made a mistake but let them know it's not going to be a regular occurrence. If they carry on, you may have to withhold help until they get the message.

Cancer June 22 - July 23
Tough decisions will have to be made this week but Cancer is a cardinal sign and among other things that means you're not afraid to go in a completely new direction. So move - fast!

Leo July 24 - Aug. 23
There will be a number of dramatic changes in your life over the next few days. The ride may be bumpy but everything will come right in the end. You have nothing to fear.

Virgo Aug. 24 - Sept. 23
Promise yourself as the new week begins that no matter what happens, you won't let it get you down. The road you are on may be a tough one but already you can see light at the end of the tunnel, so keep going and keep believing.

Libra Sept. 24 - Oct. 23
You will come under considerable pressure over the next few days and there may be times when you come close to lashing out at people you love. Don't. Breathe deeply and stay calm. It will all come right in the end.

Scorpio Oct. 24 - Nov. 22
You have a lot of energy at your disposal now and you should use it for creative and constructive purposes. Don't waste your time and your energy on senseless feuds.

Sagittarius Nov. 23 - Dec. 21
You will encounter some kind of resistance over the next 24 hours, most likely from an authority figure. Should you hit back or should you give in? Just this once the latter may be the smarter course. Live to fight another day.

Capricorn Dec. 22 - Jan. 20
Knowing what you want to do is just the first step - you still have to go out and make it happen. Now you have started on your quest you must see it through to the end.

Aquarius Jan. 21 - Feb. 19
The coming week will throw up several opportunities and you must stay alert if you want to make the most of them. Wherever possible, find out as much as you can about the situations you find yourself in. Forewarned is forearmed.

Pisces Feb. 20 - March 20
A situation that has been bugging you for weeks must be dealt with today and positive cosmic activity in your own sign will help you get to the root of the problem. Take your time and make the right decisions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

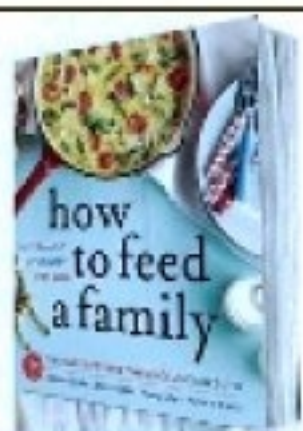


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